

Shrimp and Sausage Grits

Description

Southern style grits with shrimp and sausage. Nothin better than down home cookin like shrimp and grits. OK, shrimp and sausage and grits. A little bit of low country boil but with grits.

Ingredients

- 1 cup coarse ground grits
- 2 cup non fat chicken broth
- 1 pinch salt
- 1/2 lb wild shrimp
- 1/2 lb smoked chicken andoullie sausage
- 1/8 cup cheese*
- 1/8 cup cream cheese*
- 1 oz melted butter*
- 1 bulb scallion
- 1 hot peppers, thinly sliced

Instructions

* denotes optional - To reduce calories I'll leave out these ingredients. However, for the holidays..they are all in there :-)

If you use the optional ingredients you add them during the last 15 minutes of cooking - if this thins the grits too much for your liking extend the cooking time to thicken.

Logan Mill or Anson Mill are both great sources for Grits. However, Jim Dandy or Quaker quick grits or polenta will do. I would not suggest using minute grits or instant grits for this recipe.

Fresh Georgia wild white shrimp is the best, but you can find frozen wild shrimp in Trader Joe's stores - even prawns will work. If you are using prawns, I'd definitely add more smoke and fat - you might want to even switch to a smoked bacon.

In most cases you'll always find that the shrimp have had their heads removed. If not, you'll



Summary

Yield: 2

Source: Pass down from the Parker side of the house

Prep Time: 1 hour

Category: Breakfast

Cuisine: Southern

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need to add another 1/2 lb to the recipe. Shrimp heads contain about 1/2 the body weight.

You'll need to peel the shrimp and devein the shrimp. I typically simmer the shrimp shells in white wine, a little butter and herbs and freeze for fish stock for another meal. Some folks even use their stock to thin their grits in this recipe.

Add slice sausage and scallions into 10" fry pan and add a small amount of olive oil - heat thoroughly, sausage should render a small amount of fat which will be used to saute shrimp in. Pull out sausage and scallion and let them sit.

Add cleaned shrimp to sausage pan drippings and saute, typically 5-8 minutes, shrimp should be pink and white (not translucent) - be careful not to overcook. Pull out shrimp and let them sit.

Add 2 cups of water to a 3 quart pan (make sure you have a lid for this pot)- bring water to a rapid boil

Pour in 1 cup of grits and stir

Bring grits back to a slow boil, cover pot with lid and continuing to stir as needed - cook at a low heat for 30 to 45 minutes, depending on how thick you like your grits. I go for a mash potato consistency.

Add you optional ingredients to the sausage pan - warm

Add your optional ingredients, sausage and shrimp to the grits - stir and warm

Serve in bowls, add cheese and additional butter or serve as is.